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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

July 31, 1944

### SUMMER FOOD SUGGESTIONS

What's on the market in August? Fresh fruits and vegetables top the list.

Menu-Planners - Here are foods in plentiful supply for the Western Region during the month of August:

Fresh Tomatoes  
Fresh Snap Beans  
Fresh Peaches  
Canned Green & Wax Beans  
Frozen Vegetables, including  
Frozen Baked Beans

Soyflour and Grits  
Wheat Flour and Bread  
Oatmeal  
  
Dry Mix & Dehydrated Soup  
Macaroni, Spaghetti & Noodles

Citrus Marmalade  
Peanut Butter

Take advantage of the fresh fruits and vegetables produced locally.

In this way, we can do our part to help relieve the transportation difficulties.

These foods lend themselves to attractive seasonal dishes. You can store up the ration points by using fresh foods in menu-planning.

FOOD FLASH! Sacramento and San Joaquin Valley Onions are still in plentiful supply. Use them as a food or a flavoring!

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION  
Industrial Feeding Section-Room 647-821 Market Street San Francisco, 3, California  
Telephone Exbrook 8381-Ex.47

SPICY GREEN BEANS

Ingredients	20	S e r v i n g s	
		50	100
Chopped Onions	1/4 Cup	3/4 Cup	1-1/4 Cup
Fat or Shortening	1/2 Cup	1-1/4 Cup	2-1/2 Cup
Chili Sauce	2/3 Cup	1-2/3 Cup	3-1/3 Cup
Salt	3/4 Tsp.	2 Tsp.	1-1/4 Tbsp.
Green Beans, Cooked	3 Qts.	7-1/2 Qts.	15 Qts.

Cook onion in fat until tender. Add Chili Sauce, Salt and Beans. Heat thoroughly.

GREEN BEANS WITH EGG SAUCEEgg Sauce

Ingredients	20	S e r v i n g s	
		50	100
Fat	1/2 Cup	1-1/2 Cups	3 Cups
Flour	3/4 Cup	2 Cups	4 Cups
Salt	2 Tsp.	1-1/2 Tbsp.	3 Tbsp.
Pepper	To Taste	3/4 tsp.	1-1/2 tsp.
Milk, hot	1-3/4 Qts.	1 Gal.	2 Gals.
Eggs (whole or Yolks) beaten	6	16	32

Pour white sauce over eggs and continue cooking few minutes. Serve over cooked beans.